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#### Entrees at a Glance

02/01 Swedish Meatballs & Rotini Pasta  
 02/04 Sweet Sour Chicken & Yellow Rice  
 02/05 Chicken Cordon Bleu & Rice Pilaf  
 02/06 Salisbury Steak & Mashed Potatoes  
 02/07 Beef Stroganoff & Rotini Pasta  
 02/08 Veal Cutlet Cacciatore & Rice  
 02/11 Mediterranean Stuffed Chicken  
 02/12 Chicken & Seafood Creole  
 02/13 Alaskan Pollock & Rice Pilaf  
 02/14 Roast Turkey & Stuffing, Potatoes  
 02/15 Cheese Stuffed Shells  
 02/18 Closed—President's Day  
 02/19 BBQ Chicken & Brown Rice Pilaf  
 02/20 Sausage Peppers & onion on hoagie  
 02/21 Lemon Chicken & Herbed rice pilaf  
 02/22 Veggie Nugget & Potatoes O'Brien  
 02/25 Chili Con Carne & Rice  
 02/26 Meatloaf, Gravy, Mashed potatoes  
 02/27 Stuffed Cabbage, Mashed Potatoes  
 02/28 Italian Meatballs & Rotini Pasta

**SALAD BAR—Thurs. & Fri.**



## *Pike County Area Agency on Aging*



## **AARP TAX—AIDE FREE TAX HELP**

AARP Tax preparers will be back with tax assistance for Tax-payers with low to middle income, with special attention to those age 60 or older.

They will be here at the Blooming Grove Senior Center, Tuesdays, Wednesdays, & Thursdays beginning February 12, 2013, & the Matamoras township building on Tuesdays beginning February 12, 2013

**Business preparation is by CEZ form ONLY.**

**All tax assistance is by appointment only.**

Please take note of what to bring when you come in:

- \*Copy of last year's income tax return
- \*W-2 forms for each employer
- \*SSA-1099 form if paid Social Security
- \*All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.)
- \*1099-MISC showing any miscellaneous income
- \*1099-R form if you receive a pension or an annuity
- \*All forms indicating federal income tax paid
- \*Bank documentation relevant to mortgage debt forgiveness
- \*Dependent care provider information (name, employer ID / Social Security #)
- \*All receipts or cancelled checks if itemizing deductions
- \*Social Security cards or other documentation for yourself & all dependents
- \*All paid property tax bills

**PLEASE CALL FOR APPOINTMENTS: 570-775-5550**

## **\$ WIN FUN BUCKS \$**

**From February 1st to March 8th you can win "Fun Bucks". This great event is for all Senior Centers to participate in. Fun Bucks are wellness points. You can win a gift certificate to the Boat House Restaurant. Here's how it works! You earn points by participating in physical activities at any center, such as line dancing, chair exercise, yoga, walking (can be indoors at your senior center or outside), Wii (bowling, boxing, baseball, golf), and Zumba. Your site manager must see you participate in these events for you to receive Fun Bucks which are worth 25 points. At the end of 6 weeks, whoever has the most Fun Bucks will receive the gift certificate to the Boat House Restaurant (and maybe a few other little items). Good Luck!! Oh and remember the best gift you are receiving is actually a healthier body!**





February is for Lovers,

This is merely a tactic to stay warm! We are aware of the fuel prices and hope everyone has done their LIHEAP applications already. There are other “keep warm” programs are available through your utility company if you ask. You don’t have to be eligible for LIHEAP to see how you can save money on your heating bill.

This time of year draws into the “forget about the past year” and move into this year in full throttle. Our budget debates are always in full gear this time of year. There isn’t anybody who hasn’t heard about the Pa Lottery Privatization. Governor Corbett promises this arrangement to allow more funding for our programs. Some of the proposal includes:

This partnership will allow us to add an additional \$50 million in the upcoming budget to preserve and improve the system for seniors,” Corbett said. “We will use this new money to address the need and demand for our programs. Specifically, I propose to use it for home and community-based services so that older adults may continue to live in their homes.”

- The additional \$50 million in the **upcoming budget** proposal will include:  
**\$21 million for the Aging Waiver:** The Aging Waiver Program provides in-homes service to 28,000 seniors over age 60 who are clinically and financially vulnerable.
- **\$20 million for the OPTIONS Program:** OPTIONS provides care management, home-delivered meals, protective services and in-home services for individuals age 60 and older. Additional increases in revenue would help decrease the waiting list of 5,400 older adults who are waiting for home support and personal care services to keep them in their homes.

Continued on Page 3



## BARLEY

*Whole Grains Council's February Grain of the Month!*

Pearl barley is not considered whole grain. However, in addition to retaining high fiber, pearl barley is an excellent source of good carbohydrates, protein, B vitamins, minerals, and has good fats (Omega 3 and Omega 6).

One cup (200 grams) of cooked pearl barley contains 270 calories, 7.42 grams of protein, and 59.4 grams of carbs. Barley is a low glycemic index food. The good carbs in barley provide energy and help manage good insulin levels. Each serving also provides:\*

- 54% of the daily value (DV) for fiber that helps reduce risk of coronary heart disease, reduce LDL and total cholesterol levels, and promote digestive health.
- 52.0% of the (DV) for selenium – crucial for healthy thyroid metabolism, antioxidant defense, and immunity.
- 32.0% of the (DV) for copper – which helps proper thyroid function, preserve myelin sheath that protects nerves, increase flexibility in blood vessels, bones and joints, and helps the body utilize iron.
- 23.0% of the (DV) for phosphorus – important for energy, tissue repair, cell membranes, and nervous system.
- 14.2% of the (DV) for niacin – helps reduce cholesterol, prevent blood clots and build-up of plaque in blood vessels.

\*Nutrients vary by brand, and daily values are based on a 2,000 calorie/day diet.

Note: Take barley at least 1 hour after medicines by mouth, as high fiber may reduce absorption and effectiveness of medicine. Taking barley with diabetes medicine may decrease blood sugar too low. Barley contains gluten. Individuals with diabetes or wheat/gluten sensitivities should consult with their physician before introducing barley to their diet.

### EASY BARLEY MUSHROOM SOUP

1/4 cup olive oil  
 1 cup chopped onion  
 3/4 cup diced carrots  
 1/2 cup chopped celery  
 1 teaspoon minced garlic  
 1 pound sliced fresh mushrooms  
 6 cups chicken broth  
 3/4 cup barley  
 salt and pepper to taste



Source: whfoods.org, barleyfoods.org,  
 webmd.com, allrecipes.com

- Heat the oil in a large soup pot over medium heat.
- Add the onion, carrots, celery and garlic; cook and stir until onions are tender and transparent.
- Stir in mushrooms and continue to cook for a few minutes.
- Pour in the chicken broth and add barley.
- Bring to a boil, then reduce heat to low. Cover and simmer until barley is tender, about 50 minutes.
- Season with salt and pepper before serving.



### Amanda Villalba-Rickert

Originally from Columbia South America, Amanda's family came to the USA when she was only 7 years old, and they settled in New Jersey. Later after she married, she felt it was a good idea to move to Pennsylvania for the school systems for her children, a son and a daughter, who have all grown up now. Married 18 years, Amanda has her state certificate in substance abuse counseling, and is currently working on her Associates degree focusing on human services. She speaks Spanish and is working on sharpening her sign language skills.

Amanda volunteers here in Blooming Grove, assisting in the food service while in search of a job in her area of expertise.

When she has time, she will curl up and read a Science fiction book, but prefers books on CD/tape. This past holiday she received a new camera, and is experiencing the joy of photography. A new outlet for her is taking pictures of the unusual.

Amanda is a great new Volunteer to our location, and even learning the desk for people who come into the center and sign up for lunch and activities along with donating \$ for lunch.~~~Welcome Amanda

Come join the gang, & volunteer! Call me 570-775-5550

*Share your Smile Sue Van Orden*

February is for Lovers continued from Page 2.

- **\$5 million for Increased Investment in Area Agencies on Aging (AAAs):** Pennsylvania's 52 AAAs cover all 67 counties and serve as the front door for the Department of Aging services at the local level. The AAAs serve 600,000 people
- **\$2 million for Senior Center Modernization:** This investment will help senior centers prepare for the changing demographics and make them attractive to a younger, aging population.

I hope for these changes to address our waiting lists and our indebtedness to the County. Our Family Caregiver Program is very beneficial and our protective services program is blowing up with the phone calls and referrals (Thank You Dr. Phil and the Eldercare Locator) While we are glad to address the concerns and needs of vulnerable older Pike County residents. We desperately need the funds to cover the various expenses the program imparts to the Agency.

A thanks to all of the home delivered meal volunteers who have weathered our changed delivery schedules and covering routes when needed. This also includes Rich and Joe, while not volunteers, they do a splendid job daily.

A word about Advocacy: We are being effected by a number of new changes in program providers, billing systems, and policy changes. Please remember the Area Agency on Aging is always available to assist with your questions. We may not have an answer right away, but will do the best job possible to get the information needed for your best Options and services available.

Happy Presidents Day and Good Luck to our renewed Commander and Chief, President Obama.

Come On Spring!!!!!! Baseball starts in less than 75 days



## MEDICARE ADVANTAGE DISENROLLMENT PERIOD JANUARY 1 — FEBRUARY 14TH

If you have a Medicare Advantage plan (also called Part C) and you are unhappy with your coverage, you have until February 14th to **drop your Medicare Advantage (MA) plan and return to Original Medicare** during this Medicare Advantage Disenrollment Period (MADP). If your MA plan included drug coverage, **you can also join a stand-alone Medicare Prescription Drug plan (Part D)**. Changes that you make during the MADP will go into effect on the first day of the following month. Please note, during this time you cannot switch to a different Medicare Advantage plan or make any changes to Original Medicare.

It is important to know your rights and responsibilities before making changes. If you are considering a change to your Medicare Advantage plan or if you will be turning 65 and enrolling in Medicare for the first time, please call: **570-775-5550**, to set up an appointment with an Apprise Representative as soon as possible.

Please be careful of phone scams warning that you will lose benefits if you don't sign up. If you receive a suspicious call, do not give out your information, ask for the caller's name & report it to 1-800-MEDICARE.

### NEED HELP? GET HELP!

**CARE:** [www.care.org](http://www.care.org)—Help to resolve senior issues—  
800-356-3606

**APPRISE:** Heath ins. counseling for older adults—800-783-7067

**BENEFITS CHECK UP:** [www.benefitscheckup.org](http://www.benefitscheckup.org) - Online service helps older adults find out if they are eligible for private or public benefits.

**PA DEPT OF PUBLIC WELFARE:** [www.dpw.state.pa.us](http://www.dpw.state.pa.us)—  
800-693-7462. supportive services & programs—all ages.

**PA ATTORNEY GENERAL:** [www.attorneygeneral.gov](http://www.attorneygeneral.gov)—  
800-441-2555— Consumer Complaints

### Homestead Property Tax Reduction

(Tax savings — any age)

There is a School tax reduction due to distribution of gambling proceeds to surrounding counties.

**You must apply from January 1st to February 28th.**

Call the Pike County Tax Administration & Assessment office to find out what documents are needed to apply:  
570-296-5936 - Monday—Friday 8:30 am to 4:30 pm,  
at 506 Broad Street, Milford, PA 18337

### Low Income Home Energy Assistance Program LIHEAP

The LIHEAP program began in November 2012. Below are the income guidelines, and what information you need to provide, along with the hotline number and how to apply online.

#### Cash, Crisis & Winterization Programs—150% of FPIG Income Guidelines for Homeowners & Renters

<u>Household size / Max. Income</u>	<u>Household size / Max. Income</u>
1. \$1,396.25      \$16,755	6. \$3,871.25      \$46,455
2. \$1,891.25      \$22,695	7. \$4,366.25      \$52,395
3. \$2,386.25      \$28,635	8. \$4,861.25      \$58,335
4. \$2,881.25      \$34,575	9. \$5,356.25      \$64,275
5. \$3,376.25      \$40,515	10. \$5,851.25      \$70,215

Remember to include with the application:

- \* Social Security numbers for all household members
- \* Income from the month prior to month of application  
(example: August application needs July income)
- \* Utility Bill dated within 2 months of application / Deliverable Fuel bill dated 01/01/12 or later

#### Cash Component

- \* Opening date 11/1/2012
- \* Closing date 3/29/2013
- \* Minimum benefit amount of \$100
- \* Maximum benefit amount of \$1000

#### Crisis Exceptional Pay\*

- \* Opening date 11/1/2012
- \* Closing date 1/1/2013
- \* Minimum benefit amount of \$25
- \* Maximum benefit amount of \$400

#### Crisis Component\*









- \* Opening date 1/2/2013
- \* Closing date 3/29/2013
- \* Minimum benefit amount of \$25
- \* Maximum benefit amount of \$400

**\* Total Crisis Exceptional Pay & Crisis Component funds cannot exceed \$400**

**Assistance / LIHEAP hotline: 1-866-857-7095**

**Apply online for LIHEAP: [www.compass.state.pa.us](http://www.compass.state.pa.us)**

## ***FEBRUARY 2013 Delaware Twp. Center 8am — 3pm***

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fridays! At the Township</b> 				<b>1 Bingo, Cards, Games</b> 
<b>4 Medical Transport</b>	<b>5 Games &amp; Cards</b>	<b>6 Yoga w/ Meredith 11 am</b> Bingo Games Cards 	<b>7 CLOSED Shopping</b> 	<b>8 Glucose / BP &amp; Alzheimer's speaker @ 11</b> Bingo, Games & Cards
<b>11 CLOSED</b> Medical Transport	<b>12 Games &amp; Cards</b>	<b>13 Ash Wednesday Valentine's Day Party!</b> 	<b>14 CLOSED Shopping</b> 	<b>15 Bingo, Cards Games</b> 
<b>18 CLOSED</b> <b>President's Day</b>	<b>19 Games &amp; Cards</b>	<b>20 Yoga w/ Meredith 11 am</b> Cards 	<b>21 CLOSED Shopping</b> 	<b>22 Yoga w/ Meredith 11 am</b> Bingo, Cards Games 
<b>25 CLOSED</b> Medical Transport	<b>26 Games &amp; Cards</b>	<b>27 Bingo, Games &amp; Cards</b>	<b>28 CLOSED Shopping</b> 	<b>Meet with your legislator days.</b> 

## ***FEBRUARY 2013 Lackawaxen / Shohola Township 8am—2pm***



### **WINTER SCHEDULE**

EVERY MONDAY	EVERY WEDNESDAY
Medical Transport Cards & Games <b>Exercise @ 11:15</b> Lunch *call for Blood Pressure days	Exercise @ 12:30 Knitting Classes @12:30 Cards & Games Lunch



### **Monday, February 11th** **Little Big Band Theme Lunch**



Access Plus is being Phased out in Northeastern PA

There is a public meeting held on February 4th 2013, from 6 p.m. to 8 p.m. at the Wallenpaupack North Primary School Cafeteria in Hawley, PA, off Rt. 6 behind Turkey Hill.

DPW, Maximus the Recruitment Specialists, and the vendors (The 3 health care plans) will be there on hand to answer questions people might have.

People have to make a choice by February 7, 2013. Please help spread the word about this meeting.



# FEBRUARY LUNCH Menu

Salad Bar Days













MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMEMBER VALENTINES DAY— FEBRUARY 14TH				<b>1</b> Minestrone Soup- Swedish Meatballs Rotini Pasta Italian Beans Rye Bread Pineapple Chunks 
<b>4</b> Pasta Salad Sweet & Sour Chick- en Yellow Rice Pilaf Vegetable Medley Wheat Bread Fresh Fruit	<b>5</b> Tossed Salad Chicken Cordon Bleu Country Gravy Rice Pilaf Mixed Vegetables Wheat Bread Banana Cake	<b>6</b> Cranberry Juice Salisbury Steak Gravy Mashed Potatoes Pacific Medley Rye Bread Lemon Pudding	<b>7</b> Red Cabbage Salad Beef Stroganoff Rotini Pasta Brussels Sprouts Rye Bread Apple Oatmeal Crisp 	<b>8</b> Lentil Soup Veal Cutlet Cacciatore Sauce Steamed Rice Green Beans Italian Bread Sugar Free Jell-O 
<b>11</b> Grape Juice Carrot Raisin Salad Mediterranean Stuffed Chicken Rice Pilaf Vegetable Medley Wheat Bread Ice Cream Cup	<b>12</b> Bayou Crab Bisque Chicken & Seafood Creole Enriched Long Grain Rice Peas & Mushrooms- Whole Wheat Bread Ambrosia Salad	<b>13</b> Tossed Salad Alaskan Pollock Rice Pilaf Herbed Spinach Wheat Bread Mandarin Oranges	<b>14</b> Three Bean Salad Roast Turkey Gravy Corn Bread Stuffing Mashed Potatoes Peas & Onions Dinner Roll Vanilla Pudding 	<b>15</b> Tomato Orzo Soup Cheese Stuffed Shells Steamed Rice Green Beans Italian Bread Sugar Free Jell-O 
<b>18</b> <b>CLOSED</b> 	<b>19</b> Orange Juice BBQ Chicken Brown Rice Pilaf Corn Dinner Roll Chocolate Cake	<b>20</b> Cottage Cheese & Fruit Italian Sausage Peppers & Onions Steak Roll Oven Brown- Potatoes Sugar Free Jell-O	<b>21</b> Beef Barley Soup Lemon Chicken Herbed Rice Pilaf Zucchini & Tomatoes Wheat Bread Chilled Pears 	<b>22</b> Pear Waldorf Salad Veggie Nuggets Potatoes O'Brien Confetti Corn Wheat Bread Ice Cream 
<b>25</b> Cole Slaw Chili Con-Carne Mexicali Corn Enriched Rice Corn Muffin Granola Bar	<b>26</b> Homestyle Meatloaf Gravy Mashed Potatoes Herbed Spinach Wheat Bread Chocolate Pudding	<b>27</b> Beet & Onion Salad Stuffed Cabbage Tomato Sauce Corn Mashed Potatoes Rye Bread Fruited Jell-O	<b>28</b> Cranberry Juice Italian Meatballs Tomato Sauce Rotini Pasta Italian Green Beans Diced Peaches 	<b>Every  Thursday  &amp; Friday are  Salad Days!</b> 



# Blooming Grove Activities

## FEBRUARY 2013



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Winter Pet Tips</b> <ul style="list-style-type: none"> <li>Clean the salt off their paws &amp; stomach when you come in from a walk to prevent licking</li> </ul>	<ul style="list-style-type: none"> <li>Never leave your pets in the car. It can turn into a refrigerator very quickly &amp; they can freeze to death</li> </ul>	<ul style="list-style-type: none"> <li>Pups &amp; older or ill dogs do not tolerate the cold as well as healthy adult dogs. Take them out only to relieve themselves</li> </ul>	<ul style="list-style-type: none"> <li>Antifreeze is lethal poison to dogs &amp; cats. It has a sweet attractive smell to them. Avoid injury, clean them thoroughly after a walk</li> </ul>	<b>1 Arts &amp; Crafts Cards</b>
<b>4 Medical Transport Hemlock Ladies</b>	<b>5 BIGGER SHOPPING</b> Arts & Crafts Bingo Line Dancing 10:00 Choral Group 	<b>6 BIGGER SHOPPING</b> Cards Bingo Dominoes & Rummikube 	<b>7 BIGGER SHOPPING</b> <b>Blood Pressure</b> Arts & Crafts Bingo Wii bowling practice 	<b>8 Arts &amp; Crafts Cards</b>
<b>11 Medical Transport Monday's Alzheimer Support 1:30pm</b>	<b>12 Veterans Rep 9:00</b> <b>Mardi Gras Theme Luncheon</b> 	<b>13 Ash Wednesday</b> <b>Blood Pressure</b> <b>Grief Support 10:30</b> Cards Bingo Dominoes & Rummikube Yoga w/ Lori 	<b>14 Valentine's Day</b> Exercise w/Lana Arts & Crafts Bingo Wii bowling practice 	<b>15 Arts &amp; Crafts Cards</b>
<b>18 Closed President's Day</b> 	<b>19 Arts &amp; Crafts</b> Bingo Exercise w/Lana Line Dancing 10:00 Choral Group Wii bowling practice	<b>20 Cards</b> Bingo Dominoes & Rummikube Yoga w/ Lori 	<b>21 Exercise w/Lana</b> Arts & Crafts Bingo Wii bowling practice	<b>22 Arts &amp; Crafts Cards</b>
<b>25 Medical Transport</b>	<b>26 Arts &amp; Crafts</b> Bingo Exercise w/Lana Line Dancing 10:00 Choral Group	<b>27 Cards</b> Bingo Dominoes & Rummikube Yoga w/ Lori 	<b>28 Secret Excursion</b> Arts & Crafts Bingo	<b>Computer Lessons will resume in April 2013. Call to make an appointment.</b> 

**Seniors Are Our First Priority**

# EVENTS and PROGRAMS

## ***GO DIRECT — by March 1, 2013!!!***

March 1, 2013 is the deadline for electronic payments for all federal benefits. If you receive a paper check for federal benefits, including Social Security, Supplemental Security Income (SSI), Veterans Affairs, Railroad Retirement Board or Office of Personnel Management benefits, you have until March 1, 2013 to sign up to have your check directly deposited to your bank account. People who do not choose an electronic payment option by March 1, 2013 will receive their payments via the Direct Express® debit card. However, anyone born before March 1, 1921 and still getting a paper check as of February 28, 2013 may choose to continue getting paper checks. You can switch to electronic payments online at [www.GoDirect.org](http://www.GoDirect.org), or you can call toll-free at 1-800-333-1795. If you do not want direct deposit, you may sign up for the Direct Express debit card by calling toll-free, 1-877-212-9991 or visiting [www.USDirectExpress.com](http://www.USDirectExpress.com).

Have the following information on hand when you call:

- Social Security number or claim number
- 12-digit federal benefit check number
- amount of most recent federal benefit check

If signing up for direct deposit to an existing financial institution account, you will also need:

- Financial institution's routing transit number — often available on a personal check;
- Account number and type (checking or saving).

## **GRANTS AVAILABLE FROM USDA**

The U.S. Dept. of Agriculture has a limited amount of grant funds available to make necessary repairs to homes for those who qualify. You must be 62 or older, own your home and land, and the repairs must be necessary because of health and/or safety hazards or to make your home accessible to household members with disabilities. Maximum income to qualify in Pike County:

Total in Household:	1	2	3	4	5
Maximum Income:	\$23,850	\$27,250	\$30,650	\$34,100	36,800

**Contact USDA Lehigh Area Office by phone at 610-791-9810 or email: [rd.allentown@pa.usda.gov](mailto:rd.allentown@pa.usda.gov).**

### **CAREGIVER SUPPORT GROUPS**

There are a number of **Caregiver Support groups** that meet in our area:

Julia Ribaudo meets at 6:30pm on the 2<sup>nd</sup> Thursday of the month at their center. For info call: 698-5647

Honesdale senior center meets the 2<sup>nd</sup> Wednesday of the month at their center. For info, call: 253-6242.

Beck n Call is starting one in Bushkill on the 2<sup>nd</sup> or last Friday of the month. Call Cherie for details: 570-828-8494

### **VETERANS ASSISTANCE**

A representative from Veteran's Affairs will be at the Wallenpaupack Visitors Center every 1<sup>st</sup> Tuesday of the month 9am to 3pm to assist with veteran's issues.

He will also be at the Blooming Grove Senior Center every 3<sup>rd</sup> Tuesday of the month at 9am depending on need.

Walk-ins are welcome!

There is also low cost RX help for Veterans. Either go online at: [www.VA.gov](http://www.VA.gov), or call to register with the VA system: 1-800-409-8771 extension 6000.

### **Winter Shoveling tips for Seniors:**

- \* Dress warmly & in layers, with a hat & gloves.
- \* To avoid slipping, wear non-skid boots.
- \* Before starting, limber up with light warm-up exercises.
- \* Push the snow, rather than lift. If you must lift, pick up small amounts & lift with your legs—not your back.
- \* Take frequent breaks. If you become dizzy or numb, stop immediately & go inside. Call 911 if you experience chest pain or other heart attack symptoms.



### **Savvy Caregiver Support February**

Mary Stanley from Newton Medical Center/ Atlantic Health System, in collaboration with the Pike County Area Agency on Aging and St. Ann's Church in Shohola, are beginning a four part series for caregivers called: "The Savvy Caregiver ". The next meeting will be on February 7th, 14th & 21st from 10 to noon in the St. Ann's Church Parish Center, located next to the tennis courts. If you would like to attend or have questions you may contact Mary Stanley: 570-409-8484 x 501 OR [mary.stanley@atlantichhealth.org](mailto:mary.stanley@atlantichhealth.org) . We hope to see you there!



# EVENTS and PROGRAMS



## LITTLE BIG BAND LUNCHEON AT LACKAWAXEN

Save the date! We are having an afternoon Luncheon featuring Little Big Band at the Lackawaxen Center on



Monday, February 11th! The band consists of three horns and rhythm, led by Bruce Dedrick, singer, guitarist and trombonist. You won't want to miss the variety of music, including swing music of the 30s and 40s, Doo Wop and rock & roll from the 50s. They even throw in some Pop, Disco, and other great music for your listening and dancing pleasure. Reservations required. Call Lana: 570-775-5550

### Big Band Luncheon

**DATE:** Monday, February 11, 2013  
**PLACE:** Lackawaxen/Shohola Township Center, Lackawaxen Fire Dept., Rte. 590  
**TIME:** Lunch 11:30 a.m.  
**PRICE:** Donation of \$4.00

### MENU

Grape Juice  
 Carrot Raisin Salad  
 Mediterranean Stuffed Chicken  
 w/ Mushrooms, Cheese & Onions  
 Rice Pilaf  
 Pacific Medley  
 Wheat Bread  
 Ice Cream

### SMALL JOBS CREW IS AN ACT OF KINDNESS

In need of help with small jobs? General maintenance projects, yard work, clean-up? The small Jobs Crew from the Wallenpaupack Free Methodist Church want to help. Our mission and purpose is to Love God, Love Others, Serve God, Serve Others. We seek to show our community the love of Christ through acts of kindness and service to others.



Please contact us with your information and needs and we will be happy to assist.

Contact : Gary and Kim Wyler—570-226-0554



## MARDI GRAS THEME LUNCHEON



Come join us for the Fat Tuesday luncheon celebration of Mardi Gras, Tuesday, February 12, 2013. There will be Zydeco music performed Live and a great menu. Please make for your reservation, as seats fill up fast!!! Call Lana at: 570-775-5550 ext 1317

### MENU

Bayou Crab Bisque  
 Chicken & Shrimp Creole  
 Enriched Long Grain Rice  
 Peas & Mushrooms  
 Whole Wheat Bread  
 Ambrosia Salad



### WANTED: EXERCISE EQUIPMENT

If you have any exercise equipment that you are not using and would like to donate it, specifically, we could use a treadmill in good shape. We would be happy to take it off your hands.

Get a copy of our Newsletter **FREE** online, receive updated Senior Center information, & downloadable forms visit: [www.pikeaaa.org](http://www.pikeaaa.org)

**Pike County Area Agency on Aging**  
**150 Pike County Blvd.**  
**Hawley PA 18428**

## **DONATIONS**

### **WELCOME**

**They help to fund**  
**programs for our**

**Seniors—**

**Make your check**  
**payable to: PCAA,**

**Thank you**

#### **Senior Law Center**

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy. Call the Senior-Law helpline if you need assistance at: 877-727-7529

**Non-Profit mailer**

To renew subscription, clip out mailing label and send it in with the \$3 yearly fee. If you have email, just send your email address to: [lhunt@pikepa.org](mailto:lhunt@pikepa.org), and get your newsletter sent right to your email address for **FREE**—Save time and money!

**[www.pikeaaa.org](http://www.pikeaaa.org)**

#### **Where to Find Information About the Medicare Plans Available in your County:**

- \* Medicare & You 2012 Handbook
- \* [www.medicare.gov](http://www.medicare.gov) Call APPRISE at: 1-800-783-7067
- \* Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
- \* Or call us at: 570-775-5550 for an appointment to assist you

### ***Pike County Area Agency on Aging***

**Blooming Grove Center 150 Pike County Blvd., Hawley, PA 18428**

**(Phone 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)**

**Office Hours: Monday through Friday - 8am to 4pm -**

**Center Hours: Monday through Friday 9am to 4pm**

**Delaware Township Center, 116 Wilson Hill Rd., Dingmans Ferry, Pa 18328 (Phone 570-828-8494)**

**Tuesday, Wednesday & Friday 8am to 3pm**

**Lackawaxen/Shohola Township Center, Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590,**

**Lackawaxen, PA 18435. Monday & Wednesday- 9am to 2pm (Phone-570-685-7808)**

**Executive Director - Robin S. LoDolce E-Mail: [rlodolce@pikepa.org](mailto:rlodolce@pikepa.org)**

**Waiver Supervisor— Rene Bernatzky**

**Nutrition Site Managers- Cherie Bland, Lea Langer & Barbara Paschell**

**Activity & Program Director & Prime Time Health Coordinator - Lana Romeo**

#### **Advisory Council**

Chairperson: Norma Goldner \* Karl A. Wagner, Jr., Commissioner Representative \* Doris Bannon \* Charlotte Bell \*

\* Jeanne Carlstedt \* Patricia Crane \* Jacqueline Eadicicco \* Georgiana Ehrlich \* Joe Fortin \* George Kanfer \*

Marianne McMillin \* Ethel Musselwhite \* Joe Shevlin \* Catherine Steele \* Richard Siss \* Rita Tepperman \*

Pike County Commissioners - Richard A. Caridi \* Matt Osterberg \* Karl A. Wagner, Jr. \*

**24hr. Elder Abuse Hotline: 1-800-233-8911**

**Pike County Transportation Hours 7:30am—3:30pm Phone 570-296-3408 Toll Free: 1-866-681-4947**

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